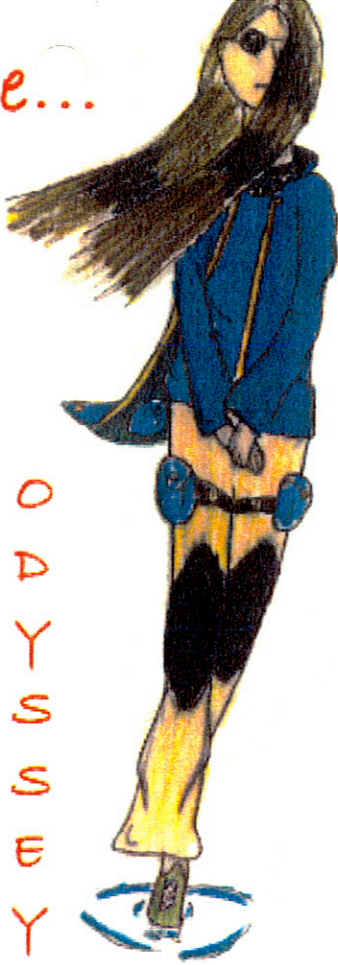


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A STUDY OF ADOLESCENCE BY ADOLESCENTS

*We all live with the objective of being happy; our
lives are all different and yet the same.*

Anne Frank

What is an adolescent?

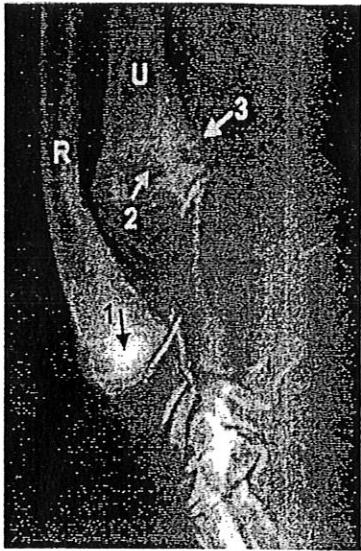
An adolescent is a preteen or a teen, who is going through adolescence. Most teens go through adolescence at ages 11-18. During adolescence, you grow and mature. Adolescence is the time when teens “travel” to manhood or womanhood. Adolescence involves going through puberty, which is when the body goes through physical and mental changes. A person may go through social and emotional changes as well.

This book contains three main sections:

- Physical Development: How your body changes, inside and out.
- Social/ Emotional Changes: How you feel and interact with others.
- Risk Factors/Lifestyle choices: Changes in lifestyle, along with the choices adolescents make.

PHYSICAL DEVELOPMENT

Bone Fusing/Epiphyseal



http://www.isrvma.org/images/56_2_da2.jpg

The growth plate is a thin disk of cartilage at the end of your bones. Another name for the growth plate is the epiphysis. This growth plate keeps growing through your childhood. The epiphysis expands and you grow bigger and taller. When the epiphysis stops growing you usually have reached adult height. The average age when you stop growing is ages 18-19 years old.

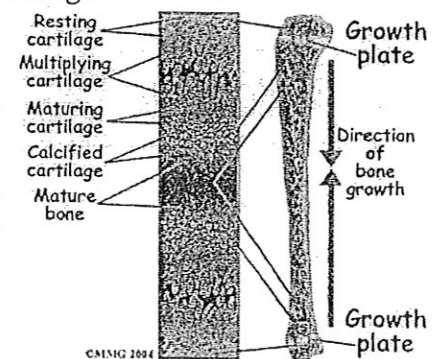
Cool Fact- The people that are most prone to growth plate fractures and injuries are 14-16 year old boys and 11-13 year old girls.

Facts:

Epiphysis and growth plate injuries most often occur in the wrist, hands, arms, and legs. A treatment for this injury is just simple surgery at the spot of the epiphysis.

The growth plate is also known as the epiphyseal plate or epiphysis. Each bone has at least two growth plates near the end of each of them.

Image

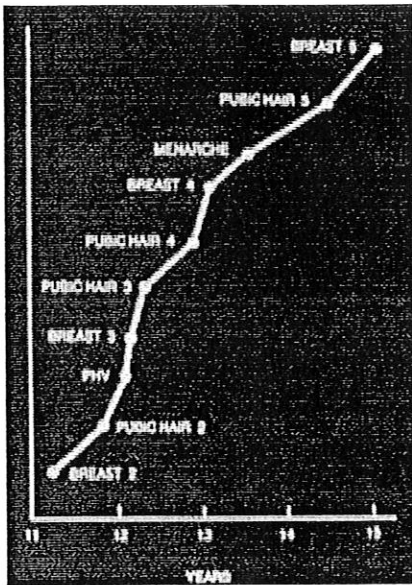


Growth Plate Injuries:

Early life growth plate and epiphysis injuries are caused by falling, baseball pitchers, ATV accidents, motor vehicle accidents, and sports injuries.

PHYSICAL DEVELOPMENT

Growth Spurts

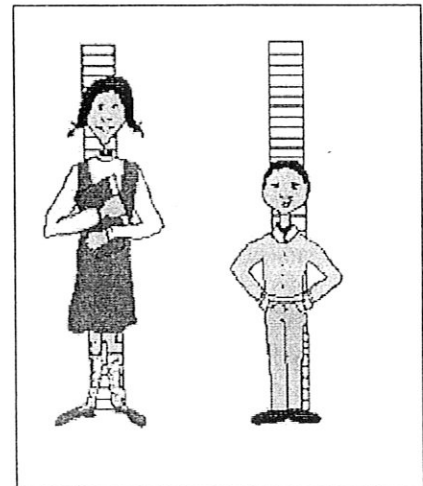


The average timing for a male to have a growth spurt is between the ages of 12 and 15. The average timing for a female to have a growth spurt is between the ages of 10 and 15. During a growth spurt a child's muscles, bones, fat, and skin begin to grow very fast which causes kids to turn into young adults. A growth spurt is when a person grows a lot in short period of time. During your growth spurt you grow half of your actual size.

Scriptnct, Cardinal Healthtouch, 1995-2007
www.marshallcavendish.com
1996-2007

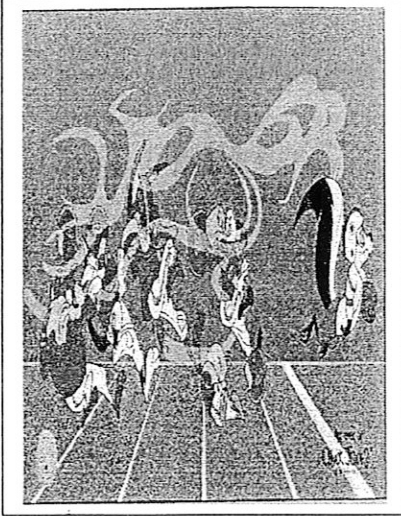
During your growth spurt muscle, fat, skin, and bones start to grow very fast.

Eating healthy during your growth spurt is very important because it will cause your body go through the changes that it is suppose to go through. It would be good if you ate healthy your whole life that would be excellent but a lot of people don't do that and won't do that. For males your growth spurt is through the ages of 10 and 22. For females the growth spurt is between the ages of 8 and 16. So it is very important to eat healthy during those years.



The consequences of not having a growth spurt are if you don't have a growth spurt you might be short for the rest of your life. Also if your parents didn't go through they're growth spurt until they were around the ages of 15 you might not grow through your growth spurt until you're around the age of 15.

PHYSICAL DEVELOPMENT



<http://library.thinkquest.org/trio/TTQ05011/Images/Body%20Odor.jpg>

Body Odor

Body odor is the result of when male or female hormones (testosterone or estrogen) mix with sweat. Everyone's body chemistry is different. For example, anxious people need to sweat more because their nerves are more active, and heavier people need to sweat more to cool themselves down. Body odor can negatively affect your state of cleanliness and makes you less appealing to others.

Cool Fact:

When the smell is mild, it can be sexually attractive.

Other facts about body odor and tips about controlling it:

- Starts when puberty does
- Use a deodorant or an antiperspirant
- Shower daily

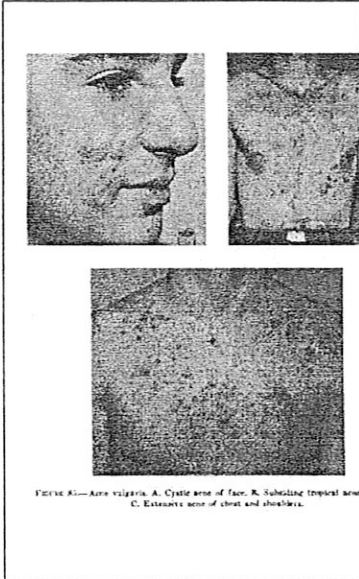


<http://hocks.com/Merchant2/graphics/0000001/1041607.jpg>

Consequences:

- Being sexually unattractive.
- Negatively affects your physical appearance and state of cleanliness
- If not showering, sweat becomes stale and stinks even more
- May have a negative affect on relationships with friends

PHYSICAL DEVELOPMENT



<http://history.amedd.army.mil/books/docs/wwii/internalmedicinevolIII/chapter20figure85.jpg>

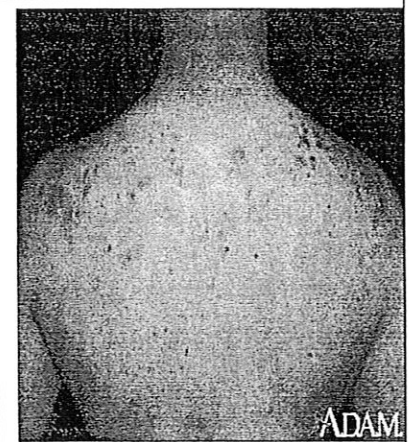
Acne

Acne is created when the pores of the skin are clogged with dirt, sweat, and oils. There are two kinds of pimples - white heads and black heads. White heads are filled with pus, oils, and infection. Black heads are filled with dirt, oils, and infection. You can get acne on your face, neck, upper back, chest, and even your arm pits. Usually acne affects teenagers, but it can also affect people in their 20s and 40s.

Cool Fact: You can get acne as an adult

Other Facts:

- Acne goes away by placing a room temperature wash cloth on your face
- It is important to keep your face clean and sweat free so you don't get acne



Consequences:

Acne can affect your appearance and people might not hang out with any more.

PHYSICAL DEVELOPMENT



Image References - Small Font

<http://runnoft.footboot.net/Hairy%20Face.jpg>

Body Hair

Body hair usually grows on boys ages 11-18 and girls ages 10-16. Boys grow hair on your arms, legs, face, chest, and around the base of the penis. Girls grow hair on their arms, legs, the face (thinner than a boys), and around the vagina. Body hair can protect the body and bring warmth to the parts where the hair is. Body hair starts with the puberty hormone causing a reaction to form body hair on just about every part of your body.

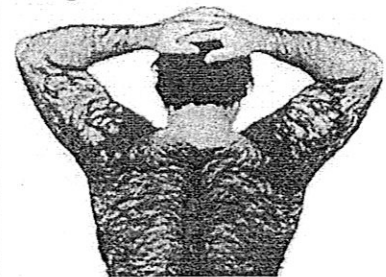
Cool Fact:

The body hair warms and protects everywhere on our body!

Other facts about Body Hair

- The puberty hormone triggers bodily hair growth.
- The only treatment for body hair is to shave, wax, or have electrolysis done to you. If you don't use one of these choices, then you can have a lot of body hair on you.
- Body hairs' main job is to keep the body warm and protect the skin.

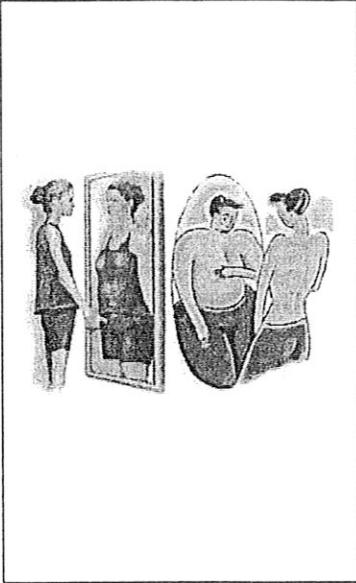
Image



http://inventorspot.com/files/images/hairy-back.img_assist_custom.jpg

The growth of body hair is triggered by hormones when puberty begins.

SOCIAL/EMOTIONAL CHANGES



http://files.blog-city.com/files/J05/86734/p/f/dist_bOd_imaq.jpg

Body Image

Body Image is how one sees oneself and what they believe that others think of them. Body Image is not based on the truth, but is what adolescents see as the truth. It is influenced by your self-esteem and self-worth. There are two kinds of body image; positive and negative body image. Negative body image is harmful. Body image is very important to adolescents. Adolescents worry about body image because they want to fit in and to be popular.

Cool Fact: By age 13, 53% of American girls are unhappy with their bodies. By age 17, 78% of American girls are unhappy with their bodies.

Positive Body Image

- Adolescents who have positive body image have high self esteem.
- They are happy with their lifestyle.
- They have high self-worth.
- Not much bothers them.
- They are confident with their bodies.
- They are comfortable with their bodies.

Negative Body Image

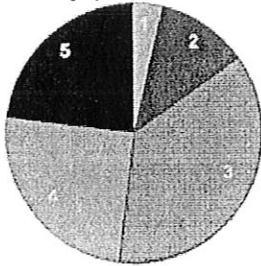
- Adolescents who have negative body image put themselves down.
- They have negative responses to everything.
- They are never happy.
- It is hard for them to be happy,
- They spend a lot of time in front of the mirror.
- They have a higher risk of hurting themselves.
- They are prone to anorexia and bulimia.



<http://images.calorieking.com.au/branding/dc/runtime/library/arts/38.jpg>

SOCIAL/EMOTIONAL CHANGES

How popular teens think peer pressure is
1 = not popular
2 = less popular
3 = popular
4 = more popular
5 = very popular



<http://www.smartgirl.org>

Peer Pressure

Peer Pressure is when you are being pressured by friends or people who claim to be your friends, depending on the type of peer pressure. Peer pressure can be good or bad. Bad peer pressure, also called negative peer pressure, can pressure you to drink, smoke, take drugs, or do anything else you're not comfortable with or you know is wrong. Good peer pressure, also called positive peer pressure, can pressure you to feel better about yourself, and do the right thing. Peer pressure can be fatal or life saving. If we keep pressure positive this world would be a better place.

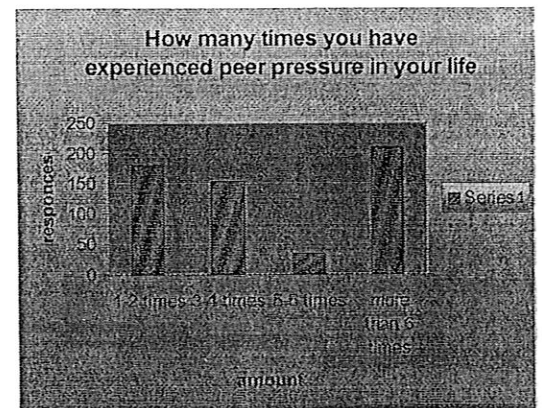
Cool Fact:
Positive peer pressure saves lives!

Positive Peer Pressure:

- Some pressure leads to having more self-esteem
- Some pressure leads to having more self-confidence
- Some pressure leads to not taking drugs
- Some pressure leads to being nonsmokers
- Some pressure leads to not drinking
- More than 25% of teens said that peer pressure is necessary when positive

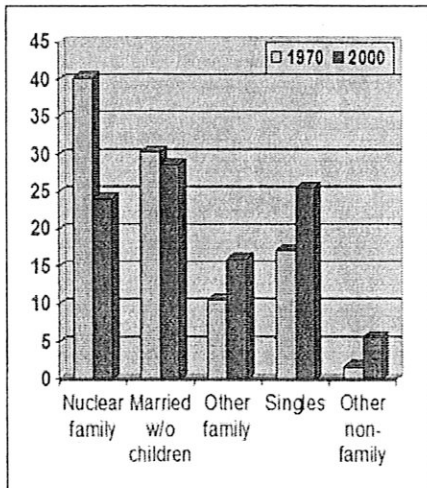
Negative Peer Pressure:

- Leads to many bad decisions
- Pressures to drink have caused 500,000 injuries each year
- Pressures to have sex before marriage have resulted in 70,000 sexual assaults
- Smoking, drugs, and suicide can be influenced by negative peer pressure



<http://www.adozenreasons.com>

SOCIAL/EMOTIONAL CHANGES



content.answers.com/.../3c/300px-Families_US.png

Beliefs and Values of Family

The topic of family values and beliefs is a very important one. Some beliefs and values of family are getting your home work done on time, and going to church or practicing another religion. Another value is spending time together to appreciate each other. Children tend to adopt their parent's beliefs and values as their own. However, as they grow into adolescents, they tend to stray from parent's beliefs and values and start setting their own beliefs and values. Adolescents want to think on their own and their parents want to think for them. That is where the conflict begins.

Cool Facts: There are all different kinds of families, different colors, shapes, and sizes.

Other Facts:

- When adolescents were children, if their parents taught them about the scripture or other belief, they might remember it.
- If when they were younger their parents taught them about not doing drugs and alcohol, then they might not do it.
- When adolescents were children, they would tend to do more with their families so they can get close to them.
- As you grow older, you stray from your parents and you might have been close to them.
- Without beliefs and values, adolescents might fall into drugs or alcohol. Because adolescents are trying to find their own identity, they will try new things.



www.greatpumpkinfarm.com/.../Winner07Small.jpg

RISK FACTORS/ LIFESTYLE CHOICES



www.medinceworld.org

Teen Depression

Depression is classified as a mood disorder. One type of depression is clinical. Clinical depression is a medical illness that negatively affects how you feel, the way you think, and how you act. Teens that get depression can have drugs and alcohol abuse, eating disorders, self injury, suicide, violence, and low self-esteem. Depression is a serious illness that can affect anybody but it mostly effects teens. Most people with depression never get the help they need. If depression isn't treated, it lasts longer and doesn't let you get the most out of life.

Cool Fact: 50% of teens who have clinical depression are also likely to suffer from an anxiety disorder.

Triggers:

- *Divorce in the family
- *Financial problems
- * Person died or is dying
- *A messed up home life
- *Break up with girl/
Boyfriend



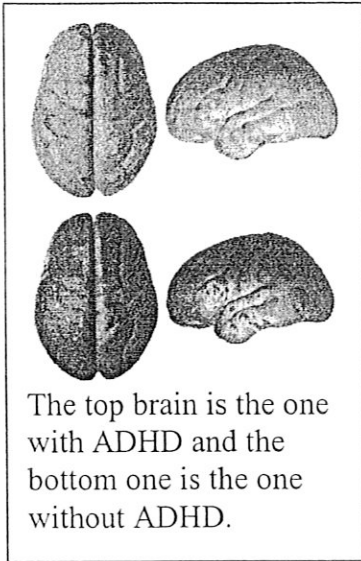
Treatment:

- *Counseling
- * Medicines
- *Being alone
- *Exercising will help you get better.
- * If you don't get treatment you have a chance of becoming suicidal.

Consequences:

- *Grades drop
- *Relationships with friends and family decrease
- *Controlling your behavior in bad ways
- *Alcohol, drugs, or sex increases.

RISK FACTORS/ LIFESTYLE CHOICES



Reference -
www.akidjustlikeme.com
www.centerwatch.com

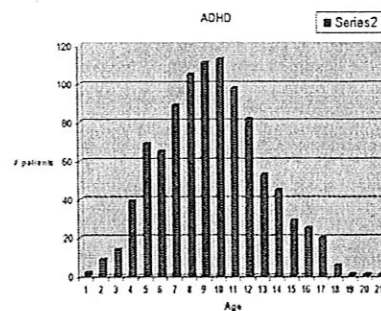
Attention Deficit Hyperactive Disorder (ADHD)

343,525 people are diagnosed with ADHD each year. There are three different types. The first type is inattentive which means you cannot focus or concentrate as well and you are very unorganized; you fail to do any task assigned to you. The second type is called hyperactivity. This is where you cannot sit still for a long period of time, and you are excessively fidgety and restless. The third type is called combined and this is when you have both hyperactivity and inattentive types.

Cool Fact: More than twice as many boys have ADHD than girls do and this disease appears in children more than adults.

Other:

- ADHD appears in boys more than twice as much as it appears in girls.
- Medications used to treat ADHD are also known as psychostimulants.
- Treatment can be therapy or medication or both.
- 343,525 people are diagnosed with ADHD each year.



This graph shows the age group and the amount of patients in that age group the people at age 10 have the most patients.

Treatment:

The treatment for ADHD can be medication, therapy, or both. The therapy usually works best if you do the counseling in a group. Some of the medications used are called Amphetamine, which contains Adderall. Another medication is called Dextroamphetamine, which contains Dexedrine.

Symptoms:

- Fails to give attention to details
- Makes careless mistakes
- Does not follow directions
- Is Easily distracted
- Is Forgetful
- Is Fidgety and Squirmy
- Has trouble organizing activities

RISK FACTORS/ LIFESTYLE CHOICES



What a very anorexic person looks like.

<http://taquoriaan.files.wordpress.com/2007/08/bulimia-anorexia.jpg>
<http://nodovisual.com/wpcontent/uploads/2007/02/anorexia-y-bulimia.jpg>

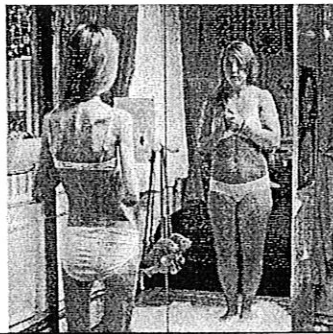
Anorexia

Anorexia is when a person, usually an adolescent girl or a young adult, stops eating because their mental mind tells them they look fat or big but really the rest of the world thinks they look like skin and bones. If a person is anorexic, they can not just pick up a plate of food and eat it. They have to see a counselor to teach them to look at themselves like a normal person.

Cool Fact: Anorexic means without appetite. It is also a self starvation.

Other Facts:

- Some teen girls or young women think they are very fat, so they stop eating.
- As many as 10 out of 100 teens in America are anorexic.



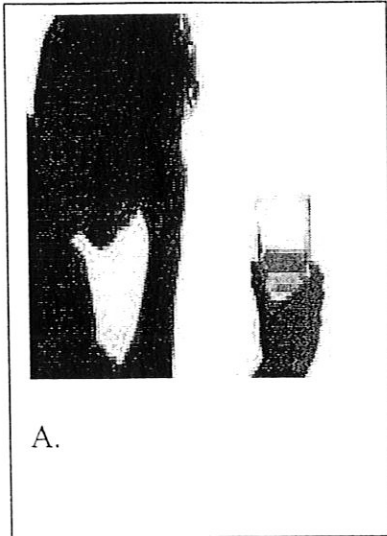
What an anorexic thinks of them selves.

Treatment:

See a counselor to make an anorexic look at themselves differently. They need to think they look normal instead of thinking they look fat or big.

Consequences: Anorexic people get unusually skinny where all their ribs show and their bones show also if they get so skinny they could die of anorexia

RISK FACTORS/ LIFESTYLE CHOICES



A.

A.
blog.troubledteensresources.com
B. [http://www.drug-help.net/imgs-
drugs/teen-aid060615.jpg](http://www.drug-help.net/imgs-drugs/teen-aid060615.jpg)

Alcohol Abuse with Adolescents

The average age that adolescents have their first drink is 11 for boys and 13 for girls. Also, those who start drinking before the age of 15 are four times more likely to develop dependence than those who begin at 21. Each year more than 4 million children from 14-17 years old in the United States have trouble at school, with parents, and sometimes with the law because of alcohol abuse.

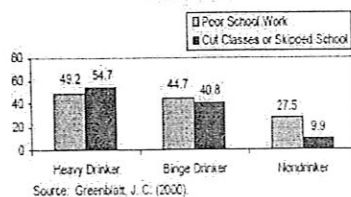
Cool Fact: Adolescents that drink have more of a chance to die by falling down or drowning.

Why Teens Drink:

Teens seem to drink when they want to be cool or fit in. Some teens believe that drinking is "just to have fun." Some think it helps them enjoy adolescents. They might also drink to relieve stress or fear. Also, if they are planning, considering, attempting, or completing suicide, they may drink excessively.

B.

Percent of Students Doing Poor School Work, Cutting Classes or Skipping School by Level of Alcohol Use



Treatments:

- Detoxification (the process of safely getting alcohol out of the body)
- Medication
- Individual or group counseling
- Support groups

Consequences:

- Can kill you
- Car crashes
- Messes up concentration
- Suicide, and homicide
- Bad choices that could lead to:
STD's, rape, and teen pregnancy

Name: Kelsey Fox, Kenadi Dattilio

Age: 13 VUHS/ 8th grade/ 2007

RISK FACTORS/ LIFESTYLE



Reference -
http://www.csulb.edu/divisions/students2/hrc/Health_Topic/s/tonics/tobacco.htm

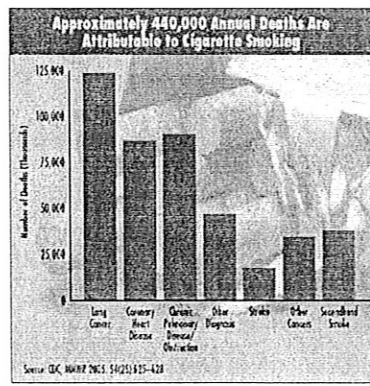
Topic: Tobacco Abuse

Tobacco is harmful. If people quit smoking, their lungs will heal to as if they never smoked before. But it depends on how long they smoked for. Tobacco affects people that smoke and other people around them. If people smoke around children people are introducing the children to secondhand smoke. They might give the children lung cancer.

Cool Fact: Tobacco kills approximately 430,000 lives each year!!!

Triggers:

- To be cool
- To be relaxed
- Celebrity's do it
- Models trick people to smoke
- People make you think it's good.



www.newlifelodge.com/nicotine.php

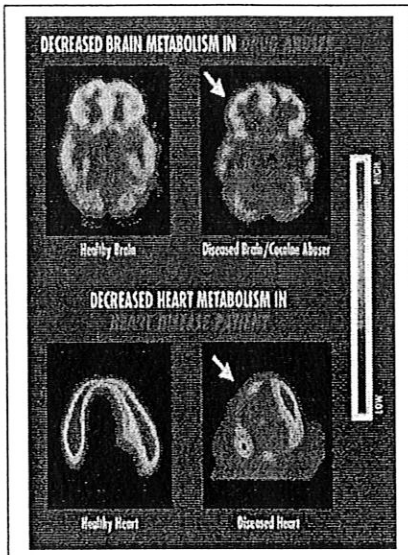
Treatments:

- Patches
- Gum
- Pills
- Hypnotizing
- Replacing habit with something else
- Behavior counseling
- Support from friends

Consequences:

- Cancer
- Cost a lot
- Teeth discoloration
- Possibly death
- Diseases

RISK FACTORS/ LIFESTYLE CHOICES



<http://www.nida.nih.gov/Infofacts/Infofaxindex.html>

Drug Abuse

Studies show that 2.4% of high school seniors reported using PCP at least once. Nearly 45% of teenagers try marijuana before finishing high school. Studies show that 1.5% of 10th graders and 12th graders had used heroin at least. In 2005 the percentage of 8th graders that used marijuana was 16.5%. The percentage of 8th graders that used crack cocaine in 2005 was 3.7%.

Cool Fact: Amphetamines are central nervous system stimulants that give the users a temporary feeling of energy.

HIGHEST DRUG USE RATES

Alaska 11.79%

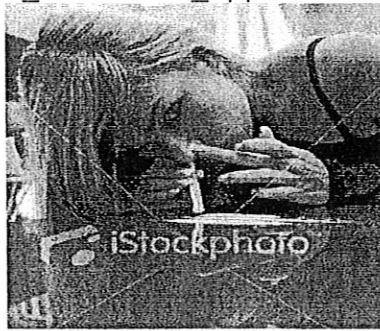
New Mexico 11.25%

Rhode Island 10.84%

Vermont 10.44%

Colorado 10.18%

Image:
www1.istockphoto.com/file_thumbview_approve/2..



Some of the treatments you can use are:
Narcotic Antagonist Treatment

Long-Term Residential Treatment

Short-Term Residential Programs

Medical Detoxification

Consequences:

Addictive drugs affect the nervous system, particularly the brain. Psychoactive drugs are those that affect the brain functions, mood and behavior. From using weed you can get brain loss, learning problems, and distorted perception.

This flip-book was created by the students of Vergennes Union Middle School (VUHS) in the fall of 2007. Team Odyssey, a 7th and 8th grade group of 80 students, researched individual topics as part of their Adolescent Odyssey expedition. Students presented to the University of Vermont College of Medicine Class of 2010 on November 14, 2007.

Vergennes Union Middle School is an Expeditionary Learning School, where students are challenged to do real work for their community.

Cover art by Sierra Lane.